



“Fitting Fitness Into Your Lifestyle”

Staying active can burn calories, lower cholesterol, decrease stress, and keep you feeling good. During this **FREE** presentation, you’ll learn how to:

- ❖ Fit physical activity into your busy schedule
- ❖ Develop a fitness plan & put it in motion
- ❖ Stay motivated!

Date: May 26, 2010
Time: 12 pm – 1 pm
Location: Ascend One Building – Tyson 2 Room
RSVP:* Flora Theis at 410-313-2033 or
ftheis@howardcountymd.gov

Enter to win a Kaiser Permanente gym bag & get your fitness plan off to a great start!

**This is an off-the-clock program. If you need to adjust your work schedule, check with your supervisor before making a reservation.*

